



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name  
**Heart Healthy Waukesha County**

Contact Information

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Program Information

<b>Type of Program</b> Coalition
<b>Year Coalition was Formed</b> 2003
<b>Primary program focus</b> Both Physical Activity & Nutrition
<b>Region</b> Southeastern
<b>County</b> Waukesha County
<b>Coalition Web Site Address</b> www.healthywaukesha.com

Program Information

<b>Represented Groups on Coalition</b> Business Community Government Health Care Health Dept University UW-EX Other	<b>Represented Professions on Coalition</b> Business Dietitian Educator Exercise Specialist Health Care Admin Media Nurse Physician Other
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## Intervention Name **Breakthrough Collaborative**

### Intervention Information

<b>Type of Intervention:</b> Physical Activity & Nutrition Resource
<b>Focus Area:</b> General Physical Activity & Nutrition
<b>Intervention Site or Setting:</b> Business
<b>Scope of Intervention:</b> County
<b>Target Audience:</b> All races and genders Ages 20-39, 40-59, 60-74
<b>Total Population in Area Served:</b> 190,000
<b>Number of Participants:</b> In 2003, approximately 7000 people were affected by Collaborative activities.
<b>Implementation Status:</b> annual effort involving approximately 9-month commitment by Collaborative action teams.

### **Partners:**

Individuals representing the following organizations have lent support to the Collaborative: AARP Wisconsin Addiction Resource Council, Waukesha Advanced Healthcare American Cancer Society American Heart Association, Wisconsin American Lung Association Aurora Health Care Carroll College Center for Tobacco Research and Intervention Covenant Healthcare System, Inc. Covenant Quad - West Allis Froedtert and Community Health Laureate Group Linden Grove Nutrition Coalition, UW-Extension ProHealth Care The W. Edwards Deming Institute United Way in Waukesha County Waukesha County Chamber of Commerce Waukesha County Economic Development Corporation Waukesha County Executive's Office Waukesha County, Department of Senior Services Waukesha County, Division of Public Health Waukesha County Technical College (WCTC)

### **Unique Funding:**

The W. Edwards Deming Institute provided seed money for the project in 2002-03. Registration fees are collected from the participating teams to cover meals and materials during the Learning Sessions. The project receives considerable in-kind donations from its supporting organizations, particularly from Waukesha County Technical College which acts as fiscal agent for the project and supplies office space for the project in addition to other in-kind assistance.

### **Evaluation:**

Other

**Evidence-Based or Best Practice based on**  
AHA, IHI, Healthiest People 2010

A Wisconsin Nutrition and Physical Activity Intervention



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## A Wisconsin Nutrition and Physical Activity Intervention

### Products Developed or Materials Used:

The materials used to support this intervention are too numerous to list here. The following materials, developed specifically for Heart Healthy Waukesha County, are adaptations of existing literature: Heart Healthy "Change Package" (a team handbook and guide to available resources) Learning Session curriculum materials related to the application of quality tools to health improvement "White paper" type reports related to investments in workplace wellness Worksite Health Promotion Survey (based on Healthy Workforce 2010)

### Intervention Description:

Heart Healthy Waukesha County employs a prevention-focused adaptation of the Breakthrough Series Collaborative model that has been employed nationally in Health Disparities Collaboratives and in Improving Chronic Illness Care Collaboratives. Action teams from many organizations work together in a Collaborative network over about nine months to tackle health improvement from multiple perspectives and to share their learning. The teams select their own areas of focus related to nutrition, physical activity, and tobacco use. Teams vary in size, usually being comprised of a core team of five to eight people supported by an extended team within their sponsoring organizations. Teams are guided by evidence-based change concepts, experts knowledgeable about the health interventions, and process improvement advisors. Through the Collaborative network, teams share information about effective health interventions and strategies for overcoming implementation barriers. They use continuous quality improvement methods to design, test, and implement site-specific, systemic change strategies. HHWC is currently in the launch phase of its 2005 Collaborative on Workplace Wellness. A report of its 2003-04 Community Collaborative appears on the project web site: [www.healthywaukesha.com](http://www.healthywaukesha.com)